

Wellness Champion Program

Executive Summary for Department Leaders



The purpose of the Wellness Champion program will be to:

- Foster a culture of holistic health and wellness by visibly, enthusiastically communicating and participating in wellness programs
- Facilitate communication between the department/work-site and the County's Wellness Program
- Provide 'on the ground' support for wellness initiatives and events by having Wellness Champions in each department. Support will include communication of employee feedback to the Wellness Manager, promotion of County-wide wellness programs, facilitation of department wellness events and initiatives

Wellness Champions should be:

- Creative and enthusiastic about health and wellness
- Committed to serving as an ambassador for 12 months, with optional renewal
- Able to host one departmental wellness event per quarter, such as a healthy potluck or walk at lunch
- Willing to attend quarterly in-person meetings and monthly conference calls
- Wellness Champions can be any employee with supervisor approval, who is willing to participate in wellness events and/or promote them to their department

Department leaders are asked to:

- Identify potential wellness champions and/or share recruitment materials with their employees
- Provide leadership support for the County's wellness program. Your visible communication of, and participation in, wellness programs is vital to the success of the program
- Support employee participation as Wellness Champions. There will be monthly conference calls, quarterly in-person meetings, and occasional special events, around the County. It is critical to have leadership support to garner the greatest amount of participation possible in these events.

Next steps:

- Distribute the Wellness Champion recruitment materials to your department
- If you know of an employee who would make a great Wellness Champion, please encourage them to apply online <http://tinyurl.com/mcgwellchamp> or contact Leigh Ann Henderson, Wellness Program Manager
- Questions? Contact Leigh Ann Henderson at x75025 or Leigh.Henderson@montgomerycountymd.gov